

ROAD WORTHY

SOME 400 LONDONERS TURNED OUT ON SUNDAY FOR
ROCK THE ROAD, RAISING \$7,000 FOR THE MS SOCIETY OF CANADA,
AND AN ORGANIZER SAYS THIS IS JUST THE BEGINNING PAGE 3



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Monday, August 20, 2012



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Londoners celebrate THE END OF RAMADAN

Noor Abdul-Hamid, 6, of London has her face painted on Sunday at the Eid al-Fitr celebrations at the BMO Centre (295 Rectory St.). Eid al-Fitr, or "the festival of fast-breaking," marks the end of the holy month of Ramadan, when Muslims around the world do not eat or drink during daylight hours for 30 days. The Eid ceremony was co-hosted by the London Muslim Mosque, the Muslim Association of Canada (London Chapter) and the Islamic Centre of Southwest Ontario, and included prayers in the morning and a children's festival in the afternoon. JULIAN UZIELLI/FOR METRO

Unions cry foul over layoffs

Federal workers.

Ottawa not offering enough support to help displaced employees, union rep says

Lives on hold

"There's so much doubt out there. Everybody is just left in limbo."

Jennie Strochuk, president, Union of National Defence Employees, Local 623



ANGELA MULLINS

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Ottawa's human-resources support system is "poorly run" and laid-off federal workers need more time to find other work, union leaders say.

Unions representing federal workers are calling on the Conservative government to give their members more time to negotiate job transfers in the wake of layoff notices.

The call to action comes about a month before the deadline for some pink-slipped federal employees to either find an open government position — such as one vacated through retirement — or face unemployment. Representatives from several unions will be in London on Monday to rally support.

"We're hoping that clock

gets reset, and we get another 120 days (to find transfers)," said Jennie Strochuk, president of the Union of National Defence Employees, Local 623.

Strochuk works at London's Wolseley Barracks. The government will shut down support services at the barracks in September 2013, displacing her and the 35 workers she represents.

The Conservatives want to curtail spending by \$5.2 billion a year, eliminating 19,200 positions over three years. The March 29 budget gave few details about the cuts, which means workers were left in the dark about how they might be affected, Strochuk said.

"This entire cutback that the government is doing is so secretive. It's so hush-hush. It's putting lives on hold across Canada," Strochuk said.

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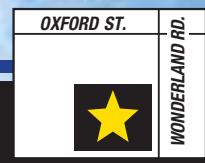
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Rock the Road rumbles into a big second year



Race. Participation nearly doubles for 10K that mixes music and fun with sport



ANGELA MULLINS

[angela.mullins@metronews.ca](#)

Brandon Laan has travelled around the world to compete in road races.

Needless to say, the 38-year-old Londoner knows a thing or two about what draws runners to events — a healthy mix of competition and fun.

With that in mind, Laan organized the city's inaugural Rock the Road in 2011, attracting about 250 racers for a 10K run featuring live music along the course and something akin to a party at the finishing line.

"We realized there was kind of a hole in London," Laan said, explaining his mindset when the race was born. "We needed something that was full of fun — music, cheerleaders and a strong sense of community."

If participation numbers

are any indication, Laan's approach is working. Sunday's second annual Rock the Road saw about 400 runners — nearly double last year's count — tackle the course that ran roughly from Fanshawe Park Road and Richmond Street, through Old North and along Adelaide Street before ending at Masonville Place Mall.

Along with drawing more runners, this year's event also brought in more money for the Multiple Sclerosis Society of Canada. Organizers expect to donate about \$7,000 to the non-profit, up about \$3,000 from the amount raised in 2011.

Laan expects the success to continue.

"We really want to grow this to 5,000 or 10,000 people," he said Sunday. "That seems pretty far-fetched right now, but people are responding."

"I think it's about creating a product and giving back to the community. That energy comes right back to us on race day."



Follow Angela Mullins on Twitter @MetroAngela

Best times

Top 5 overall:

- Josephat Ongeri, 33, Hamilton, 30:09
- Thomas Omwenga, 32, Hamilton, 31:10
- Terence Attema, 22, Smithville, 31:16
- Alex Garriock, 22, Auburn, 32:55
- Jeff Dill, 23, St. Davids, 33:01

Top 5 women overall:

- Krista DuChene, 35, Brantford, 34:07
- Anna Jelegat Kibor, 37, Hamilton, 36:15
- Bethany McChesney, 27, London, 37:52
- Kate Reid, 34, London, 38:18
- Deborah Buhlers, 38, Simcoe, 38:42

Quebec Street

Motorcycle rider injured after east-end collision

Emergency crews responded to a collision between a motorcycle and a car in the east end late Saturday morning.

Thomas

No doubt in my mind that the government's going to want zeroes," Thomas said, adding that the average salary of those workers sits at about \$42,000.

It's hard to believe the Liberals are serious about reining in costs when 98 per cent of government managers got bonuses last year, said Progressive Conservative Leader Tim Hudak.

The stretch of road was closed for a short period of time.

AM980/AM980.CA

Backyard shed fire

Local man helps evacuate residents

A backyard shed was destroyed by a fire estimated to have caused \$50,000 of damage Sunday.

A cyclist was passing a house at 7 Pegler St. when he heard cries for help coming from the backyard, according to the London Fire Department. When he found the backyard shed on fire, he called 911 and helped the residents evacuate.

He also rescued two dogs inside the house and tried to use a garden hose to douse the flames, but was driven back by the heat. METRO

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NEWS

Mobile news



Quebec politicians squared off Sunday for the first time ahead of the upcoming provincial election. Scan the code to find out about the night's highlights.

Controversy. Liberals erred in handing out bonuses to senior staff: Opposition

The governing Liberals shot themselves in the foot by giving bonuses to senior civil servants while demanding a wage freeze from public-sector workers to eliminate a \$15-billion deficit, union and opposition leaders say.

The cash-strapped government still has to negotiate new labour contracts with scores of other workers and the bonuses will undermine their push to hit the pause button on compensation, they said.

Warren (Smokey) Thomas, president of the Ontario Public Service Employees Union, said the Liberals can't expect rank-and-file government workers to hold the line on wages when



Dalton McGuinty
THE CANADIAN PRESS FILE

By the numbers

\$35.6M

The amount government managers received in bonuses in 2011

almost all of their bosses got performance pay in 2011. Talks affecting 38,000 of the union's members will start Nov. 5, and the bonuses will definitely come up, he said.

THE CANADIAN PRESS

Border points. Use-of-force incidents on decline: Report

Fewer border guards drew their guns, batons and pepper spray last year in an abrupt reversal of a previous trend toward greater use of force at Canadian border points.

There were 147 such incidents at border stations in 2011-12, a significant drop from 184 in the previous year.

It marks the first significant decline in so-called use-of-force incidents over the last five years, a period during which guards were armed with handguns for the first time. Previously, officers had to call the local cops to deal with dangerous travellers.

The Canada Border Services Agency logs every incident in which their officers draw or discharge their duty sidearms, and pull out or use their truncheons and pepper spray.

So far, guards have discharged their handguns on duty just three times since July 2007, twice in loading-unloading accidents in which no one was hurt, and once deliberately to put an injured moose out of its misery in 2009.

But the agency also counts every time a guard pulls out his firearm to deal with a troublesome border-crosser.

A draft internal report on incidents in the last two years was obtained by The Canadian Press under the Access to Information Act.

The statistics show batons and pepper spray were used or drawn fewer times last year than the year previous, while the firearm use — whether drawn or pointed — matched the previous year, at 105 incidents. There were no serious injuries or deaths in either year.

"We will not speculate on

reasons why there seems to be a decrease in the number of incidents," agency spokeswoman Amitha Carnadin said in an email.

"Each incident is reviewed on a case-by-case basis to ensure that established standards and protocols were followed."

The drop may be linked to a decline in the number of American visitors crossing the border by car, partly the result of the strong Canadian dollar vis-a-vis the greenback.

Statistics Canada says the number of U.S. travellers crossing by automobile fell by five per cent between 2010 and 2011, to 13.6 million.

"I've been told that traffic went down in a lot of places," said Jean-Pierre Fortin, national president of the Customs and Immigration Union, representing border guards, when asked about the drop in incidents.

So far, the duty firearm — the 9-mm Beretta P4X Storm handgun — has been used in 152 incidents since the first one was issued to a border officer in July 2007.

The Canada Border Services Agency said in 2006 that it planned to arm 4,800 guards within 10 years, and so far has trained and armed 2,072.

Carnadin said the project "remains on schedule and on budget," at about \$781 million. Last month, the agency opened a large firing range at Rigaud, Que., after relying on smaller ranges in Chilliwack, B.C., Ottawa and Charlottetown for training.

Officers will eventually be armed at all 119 land and 34 marine ports of entry, Carnadin said.

THE CANADIAN PRESS

Football. Mustangs take Varsity title championship

The London Junior Mustangs completed a perfect season Saturday, winning the Ontario Varsity Football League championship with a 42-28 win over the Myers Riders in Oshawa on Saturday.

Over the course of the season, London quarterback Colin Drennan threw for 1,938

yards.

The Junior Mustangs' top receiver was Nathaniel Behar (883 yards), while Dwaine Stewart picked up 752 yards on the ground. Defensively, Brandon Calver contributed 47 tackles.

The Junior Mustangs went 11-0 this season. METRO

Traffic violation

Motorcyclist accused of DUI, riding without helmet

A London man has been charged after allegedly riding his motorcycle drunk without a helmet Friday.

"The original complainant was concerned for the rider's safety because of how fast the vehicle was going, and

because this person was riding without a helmet," said Const. Will Knelson of the London Police Service.

When police stopped the driver, they said they found he had a blood-alcohol concentration of nearly two times the legal limit.

Brendan Thomas, 35, has been charged with impaired operation of a motor vehicle and operating a motor vehicle with a blood-alcohol concentration exceeding 80 mg in 100 ml. METRO



Brandon Chaffay, 20, of Burlington supervises as his girlfriend's 15-month-old beagle-lab mix, Bentley, participates in a yogurt-licking contest during Saturday's Pawlooza. Bentley earned the title of "daintiest licker," meaning he took the most time to gulp down his treat. ANGELA MULLINS/METRO

Dog festival lends the most paws ever

From near and far.

Pawlooza marks record donation year, drawing on many from out of town, organizer says



ANGELA MULLINS

angela.mullins@metronews.ca

London's festival for dogs has set a new record — and brought in somewhere between \$50,000 and \$60,000 for two local charities.

Quoted

"I can't imagine us not being back next year."

Craig Huffman, Pawlooza director

About 25,000 people — and an estimated 6,000 dogs — attended Pawlooza, Saturday's self-proclaimed "ultimate dog party" at Steve Plunkett's west London estate, festival director Craig Huffman said.

Only two hours into the event, cars lined the road leading to the estate, waiting for parking spaces to open up. The

festival grounds were practically swarming with dogs of all varieties — from teacups to mastiffs.

"We were totally thrilled with that number," Huffman said about the attendance. "We're kind of like one of London's (main) festivals now, which is exciting."

Proceeds will be split be-

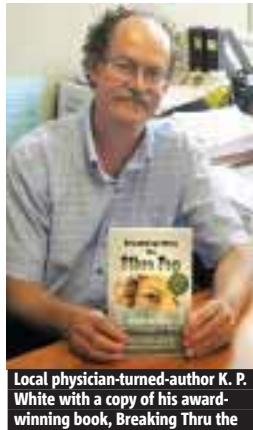
tween the Animal Rescue Foundation of Ontario and LEADS Employment Services.

Growing attendance has been a trend for the festival, which gives dogs and their owners a chance to compete in a variety of contests, relax in off-leash areas and take in booths from nearly 200 vendors.

About 5,000 people attended the first event in 2009.

Pawlooza gives other rescue groups a chance to raise money and spread their messages by offering free vendor space.

Not your average book-award nomination



Local physician-turned-author K. P. White with a copy of his award-winning book, *Breaking Thru the Fibro Fog*. JULIAN UZIELLI/FOR METRO

It's not your average book award, but Kevin White isn't your average author.

The retired London physician, who publishes under the name K. P. White, has been shortlisted for three Readers' Favourite International Book Awards. The winners will be announced in September.

The Readers' Favourites allow self-published authors to submit their work alongside traditionally published authors. Judged in three rounds, the first by volunteer "lay readers," the awards give self-published authors a shot at recognition.

"There are advantages and disadvantages to self-publishing, but one of the advantages with self-publishing is you have

increased control over the book itself," said White, who self-publishes under his own non-profit company, Wortley Road Books, which he started in 2010 to help local authors and musicians reach an audience. "More and more publishers do less and less for the authors — authors have to market themselves. It's now part of the business."

This will be the second year White has participated in the awards — last year he won two bronze medals. Though he has loved writing all his life, White didn't get serious about it until he left medicine after a struggle with addiction eight years ago.

"I hit rock bottom, and ended up in a situation where I was standing on top of the parking

Nominated books

- Black Spoons & Brimstone in the adult fantasy/science-fiction category.

- The River Riders in the children's fantasy/science-fiction category.

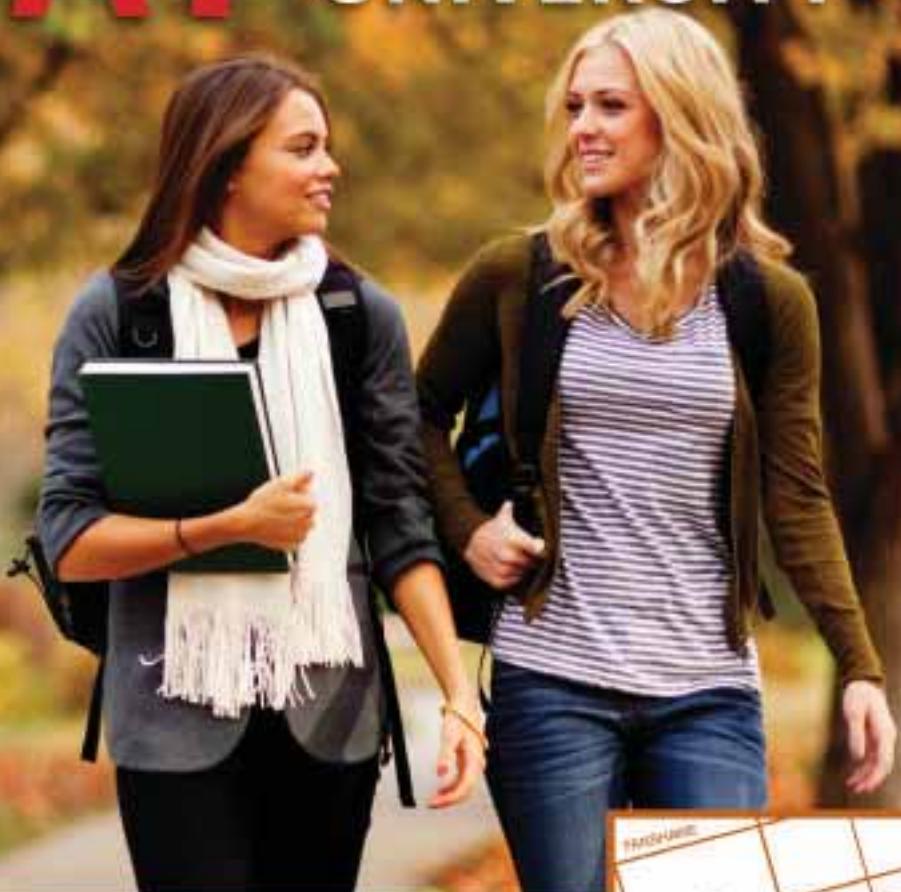
- Puck in the children/pre-teen category.

building at St. Joseph's Hospital at 3 in the morning, intending to jump but not wanting to because I was afraid of heights, very ironically. So I had to reinvent myself or jump, and I decided to reinvent myself."

JULIAN UZIELLI/FOR METRO

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Another gruesome discovery: More possible remains found

Scarborough, Ont.

On Sunday a bag containing 'fleshy' material was found, the second such find in Toronto-area creek

A coroner has been called in to examine a bag containing "suspicious" fleshy material discovered Sunday in the same Scarborough, Ont., creek where possible

human remains were found by a homeless man on Saturday.

The discovery was made as Peel police continue to search a park in Mississauga, Ont., where body parts were discovered late last week.

A grey plastic bag containing what appeared to be remains of some kind, was found late Sunday morning in the West Highland Creek, near Scarborough's Tam O'Shanter golf course,

by a Torstar News Service journalist who was photographing search teams in the area.

Police were immediately notified.

The new find was about 100 metres south of the first find. Police immediately expanded the cordon and brought in dog teams.

"It's certainly suspicious. That's why we've sealed off the area and turned it over to forensics," said Sgt. Doug Minor.

Coroner investigating

Toronto police received a call at 1 p.m. Saturday with reports of suspected body part in West Highland Creek. On Sunday a bag containing possible remains was found nearby.

Police say they're waiting for the coroner to tell them what the bag contains.

TORSTAR NEWS SERVICE



Police investigate the area of West Highland Creek in Scarborough, Ont., on Saturday after possible human remains were found.

RICK MADONIK/TORSTAR NEWS SERVICE



Remembering those who died at Dieppe, 70 years on

Dieppe veterans, from left, Fred Engelbretsch, 92, Arthur Rossel, 92, Roy Wozniak, 93, Russ Burrows, 93, and David Lloyd Hart, 95, are seen during the commemorations Sunday to honour Allied soldiers killed 70 years ago in a failed Second World War invasion in Dieppe, northern France. Some 1,400 soldiers were killed in "Operation Jubilee" when the Allies tried to briefly invade Dieppe to test German defences. MICHAEL SPINGLER/THE ASSOCIATED PRESS

Missouri. Republican Senate candidate questions whether pregnancy can result from sexual assault

Todd Akin, Missouri's Republican Senate candidate, has questioned whether women can become pregnant when they're raped.

Akin said in an interview with St. Louis television station KTVI released Sunday that pregnancy from rape is "really rare." A video of the interview is posted on the station's website.

Akin has said he opposes most abortions, and said in the interview that if a woman is raped, her body "has ways to shut that whole thing down."

Akin has served six terms and has said he's Missouri's most conservative congressman. He's running against Democratic Sen. Claire McCaskill.

McCaskill's campaign said Sunday that "Akin's record is riddled with policies and votes that hurt women."

Akin said Sunday the punishment for rape should be focused on the rapist and not "attacking the child."

Akin was interviewed on KTVI's The Jaco Report, and also talked about numerous campaign issues such as voter ID laws, the economy and Medicare.

The interview was conducted earlier in the week.

Akin spokesman Steve Taylor declined to comment Sunday, saying he had not yet seen the interview. McCaskill, who is seeking a second term, said she found the comments "offensive."

THE ASSOCIATED PRESS

Aleppo, Syria. Battle with anti-Assad rebels slows for Muslim holiday

A brief lull in fighting for a Muslim holiday Sunday allowed residents of Aleppo to take stock of their losses after three weeks of intense battles left many in Syria's largest city strapped for cash, separated from loved ones and scared of more violence ahead.

In the capital Damascus, President Bashar Assad prayed at a mosque in his first appearance in public since a bomb attack killed four of his top security advisers on July 18.

Thousands across the country marched against

Assad in mosques and cemeteries after special dawn prayers marking the start of the three-day Eid al-Fitr holiday, which caps the holy month of Ramadan. The holiday — usually a joyful time to remember the dead, dress up in new clothes and visit family — followed a particularly bloody Ramadan when fighting erupted in Syria's two largest cities, bringing large civilian populations under fire and causing a spike in the death toll.

The government has still not managed to defeat the rebels. **THE ASSOCIATED PRESS**

Middle East

Jordanian child wounded by Syrian rockets

Jordan's information minister says four Syrian rockets have fallen on a northern Jordanian border town, wounding a four-year-old girl.

The Jordanian girl was treated for shrapnel wounds and then released from hospital.

THE ASSOCIATED PRESS

Mars mission

Curiosity lasers a rock on Mars

NASA's Curiosity rover has zapped its first Martian rock, aiming its laser for the sake of science.

During the target practice on Sunday, Curiosity fired 30 pulses at a nearby rock over a 10-second window, burning a small hole. Since landing in the Gale Crater the rover has been checking instruments. **THE ASSOCIATED PRESS**

Alleged militants

U.S. drones kill 10 in Pakistan

American drones fired a flurry of missiles in a Pakistani tribal area Sunday, killing a total of 10 suspected militants, officials said.

In the strike, missiles hit two vehicles near the Afghan border, killing seven. Later, missiles destroyed a home, killing three people. **THE ASSOCIATED PRESS**

Russia

Suicide bomber kills seven

A suicide bomber blew himself up as cops in southern Russia gathered Sunday for the funeral of a slain colleague. The blast killed at least seven police and badly wounded 12 others.

The funeral was for an officer who had been shot dead by militants in Ingushetia. **THE ASSOCIATED PRESS**



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London. Assange makes first public appearance since seeking refuge

WikiLeaks founder Julian Assange urged U.S. President Barack Obama to end a so-called "witch hunt" against his secret-spilling website, appearing in public Sunday for the first time since he took refuge two months ago inside Ecuador's Embassy in London to avoid extradition to Sweden on sex-crimes allegations.

The 41-year-old Australian, who has fought for two years against efforts to send him to Sweden for questioning over alleged sexual misconduct against two women, addressed several hundred supporters and reporters as he spoke from the small balcony of Ecuador's mission, watched by dozens of British police.

Ecuador's President Rafael Correa on Thursday granted Assange asylum and he remains out of reach of British authorities while he is inside the country's embassy. Britain insists that if he steps outside, he will be detained and sent to Sweden, as by law it must meet the obligations of a European arrest warrant.

Praising Correa, Assange said "a courageous Latin Amer-



Wikileaks founder Julian Assange appears at a window of the Ecuadorian embassy in central London on Sunday. SANG TAN/THE ASSOCIATED PRESS

ican nation took a stand for justice" in offering him sanctuary, but did not refer to the Swedish allegations against him. Instead, he attempted to shift attention to what he claims are preparations in the U.S. to punish him for the publication by WikiLeaks of a trove of American diplomatic and military secrets.

Assange and his supporters claim the Swedish case is merely the opening gambit in a Washington-orchestrated plot to make him stand trial in the U.S. — something disputed by both Swedish authorities and the women involved.

THE ASSOCIATED PRESS

One man's battle to breastfeed

Outdated attitudes?

Transgender dad was turned down as a group leader for a breastfeeding advocacy group

Trevor MacDonald, a slim man with short, dark-brown hair and a radiant smile sandwiched between a wispy moustache and goatee, sits bare-chested in a leafy Toronto garden, his infant son sucking gently on his tiny left breast.

In the photo, shot on a recent visit to the city, the Winnipeg resident blissfully cradles the boy, contentment visible in his features. This is a proud papa breastfeeding his 16-month-old child, just as he has done many times before.

MacDonald, a 27-year-old stay-at-home parent, loves fatherhood and, as a transgender man, identifies as a dad. And he loves breastfeeding, owing his confidence and comfort nursing to his La Leche League Canada (LLLC) motherhood support group in Winnipeg.

In early June MacDonald wrote a letter to LLLC — an affiliate of the influential international mother-to-mother

Quoted

"This has made us all stop and think. This is the first time in 55 years (of LLLC history) this question has come up."

Fiona Audy, chair of the board of directors, La Leche League Canada

breastfeeding advocacy group — asking what it would take to become a group leader. He wanted to coach LGBT members and those who struggle, like he did, to breastfeed after chest-reduction surgery.

LLLC rejected the request seven weeks later, citing an 18-year-old policy: "Since an LLLC leader is a mother who breastfed a baby, a man cannot become an LLLC leader," the organization wrote in its reply, which is posted on MacDonald's blog, Milk Junkies.

"You told me that you do not identify as a mother," LLLC continued. "You are your baby's father. According to LLL philosophy the roles of mothers and fathers are not interchangeable. I think that this would make it difficult for you to represent LLL philosophy."

Not interchangeable. Those words resonate strangely to a transgender man. For Mac-



Trevor MacDonald, a 27-year-old stay-at-home parent from Winnipeg, loves fatherhood and, as a transgender man, identifies as a dad. And he loves breastfeeding, owing his confidence and comfort nursing to his La Leche League Canada motherhood support group in Winnipeg. CONTRIBUTED

Donald, who said he was "disappointed" by LLLC's refusal, the terms motherhood and fatherhood are, at best, quaint. "First and foremost I identify as a parent," MacDonald said.

"I suppose I use the term (fatherhood) because it's what we have going in our society, not because I think it's fantastic

or I think it's really accurate."

MacDonald uses a supplemental nursing system: A bottle with a long, narrow tube filled with milk purchased online from donors. He credits LLLC with helping Jacob suck simultaneously from his father's breast and the tube.

TORSTAR NEWS SERVICE

Pups come out to play at Ottawa fetish contest

Contestants barked, howled and gave inspiring speeches at Ottawa's first-ever National Capital Leather Pride Weekend Pup Contest, held at a local pub.

The contest was similar to the Miss America Pageant — but for people who like to become puppies, dressed up in fetish gear. Contestants were judged in the jock/thong, speech and formal categories.

"Pup play" is an international phenomenon, but has only been organized in the city for the past year, said Mr. Leather Ottawa 2010 Mike Tattersall, who emceed the competition but isn't a pup himself.

"It's a human expression of freedom and self-expression," said Tattersall. "Imagine a room full of Labrador retriever



Puppies Johnny, Scout and Ralph compete in the first-ever National Capital Leather Pride Weekend Pup Contest. JESSICA SMITH/METRO

puppies and the chaos those puppies would do to themselves as they play." Pups will generally wear leather, rubber or other fetish gear. Some have handlers, others are "strays."

Tattersall organized the competition, which he believes

is the first in Ontario and perhaps the first in Canada.

The winner, Scout, wore hockey pads, blue underwear and a leather dog mask in the formal-wear section of the competition.

JESSICA SMITH/METRO IN OTTAWA

Russia

Anti-gay activists sue Madonna over concert content

Some Russian activists have sued Madonna for millions of dollars, claiming they were offended by her support for gay rights during a recent concert in St. Petersburg.

Anti-gay sentiment is strong in Russia. In St. Petersburg, a law passed in February makes it illegal to promote homosexuality to minors, and the author of that law has pointed to the presence of children as young as 12 at Madonna's concert on Aug. 9.

Russian news agencies quote Alexander Pochuyev, a lawyer representing the nine activists, as saying the

suit was filed Friday against Madonna, the organizer of her concert, and the hall where it was held,

asking for damages totaling 333 million rubles, or about \$10.2 million US.

THE ASSOCIATED PRESS



Madonna

GETTY IMAGES

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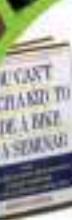
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Northern Gateway. Info lacking in pipeline risk-assessment research

While Prime Minister Stephen Harper says the fate of Enbridge's proposed pipeline from the Alberta oilsands to tankers on the British Columbia coast will be based on science and not politics, documents show some of that science isn't forthcoming.

And critics say there is no time for the science to be completed before a federal deadline for the environmental assessment currently underway.

Documents filed with the National Energy Board show the environmental review panel studying the Northern Gateway project asked Fisheries and Oceans Canada for risk assessments for the bodies of water the proposed pipeline will cross. The department didn't have them.

"As DFO has not conducted a complete review of all proposed crossings, we are unable to submit a comprehensive list as

requested; however, this work will continue and, should the project be approved, our review will continue into the regulatory permitting phase," DFO wrote in a letter dated June 6.

All but five of B.C.'s fisheries field offices will be cut as part of a \$79-million cut to the department's operational budget, including the offices that would have had the lead in monitoring pipeline effects.

THE CANADIAN PRESS

Labour. Zellers workers left with little in Target takeover deal

Angela Rankin knows exactly how much Target paid Zellers for the leases to 220 stores across Canada.

It wasn't a billion. It was \$1.8 billion — \$1.825 billion, to be more precise.

Rankin was let go on July 28 from a Zellers in Toronto after 13 years, with nothing more than the severance pay her employers were required to give.

"I don't know what they're thinking. I don't know where their mind is. It's greediness," says Rankin, 50, a mother of



Former Zellers employee Angela Rankin
TORSTAR NEWS SERVICE

one who helps support cousins in Jamaica.

Rankin will speak at a dem-

onstration led by the United Food and Commercial Workers Union on Wednesday in front of Target's Canadian headquarters in Mississauga, Ont.

Target posted earnings Wednesday of \$704 million US, or \$1.06 per share, in the period ended July 30. Overall revenue rose 3.5 per cent to \$16.45 million in the quarter. Revenue at stores open at least a year rose 3.1 per cent.

The chain will open its first stores in Canada in 2013.

TORSTAR NEWS SERVICE



Two girls sit on a lakeside dock near the collapsed Algo Centre Mall, in Elliot Lake, Ont. The town is more than two hours from the nearest city, making it difficult for many residents to get to stores. COLIN PERKEL/THE CANADIAN PRESS FILE

Elliot Lake braces for winter without mall

Big loss. For the small Ontario town, the Algo Centre Mall was far more than just a shopping centre

people is still trying to come to grips with the loss of a building that was so much more than just another shopping centre.

The mall provided warmth in winter, cooling in summer. A spot to socialize, have a coffee, get some exercise, and shop, all in one place. Sixty per cent of the town's retail space was in the mall — 18 stores, nine government offices, and the library. All gone.

Many residents are on fixed income, unable to drive or bear the cost of getting to other communities to shop. Sudbury, the nearest city, is more than two hours away.

Winter is already being felt as parents prepare to send children back to school. But with the disappearance

Quoted

"You can't buy underwear in Elliot Lake today."

A resident of Elliot Lake, on life after the collapse of the Algo Centre Mall

of retailers like Zellers and Dollarama, there's no longer a handy place to buy necessary gear like warm hats and mittens.

Capt. Pamela Stanger, with the Salvation Army, said she's already seen an increase in need for both the drop-in centre and thrift store the organization runs.

"They need a place where they can afford to go to hang out," she said.

TORSTAR NEWS SERVICE

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URBAN COMPASS

Todd Devlin
london@metronews.ca

When Milana Pjevac was presented with the opportunity to serve as a peer leader during Newcomer Orientation Week (NOW), she jumped at the chance. For the Grade 12

student, it was simply a matter of paying it forward.

It's been nearly a year since Pjevac immigrated to Canada from Serbia and began her new life in London, where she attends H.B. Beal Secondary School. But the memories of her first days are still fresh, and that's why she wanted to get involved in helping this year's crop of new Canadians.

"I wanted to help the newcomers feel welcome and comfortable in their first days at school," Pjevac said. "I know what it is like to move to a new place with a new language, new people and a lot of other new things."

Pjevac will have the opportunity to help plenty of students this week, as Newcomer Orientation Week takes place Wednesday through Friday. The three-day program is designed to help those students who are new to the country adjust to a new school routine and life in Canada.

As a peer leader, Pjevac will lead school tours, help explain the Ontario school system, introduce extracurricular activities and engage newcomers in ice-breaker games. The peer leaders — each of whom was once a newcomer — received training last week at the Cross Cultural Learner Centre.

Unlike many peer leaders, Pjevac did not participate in the NOW program when she arrived in Canada.

"I came to London when the school year had started already," said Pjevac, whose parents moved to the city to provide their children with better educational opportunities. "I had a lot of help from my teachers, settlement workers and my guidance counsellor, but it took some time for me to adapt. This program would have really helped me."

Between the Thames Valley District School Board and the London District Catholic School Board, more than 60 students from other countries will be enrolling in London high schools this fall, and each one of them will face challenges — some similar, some unique — in their transition to life in London.

Pjevac's challenges included catching up academically and figuring out what courses she needed to take in preparation for post-secondary education. And, of course, getting comfortable in a new environment despite not knowing anybody.

"After some time, I met many new people and made friends," she said. "I'm doing well for myself and I'm happy. I'm entering my last year of high school and my plan is to attend college and study business."

Pjevac hopes this year's newcomers are able to find a similar level of success in their transition. And she thinks the NOW program will go a long way towards achieving that.

"In this program, they will meet new friends," she said. "And they will learn that they are not alone. There is always help they can get. I think that is important."

Follow Todd Devlin on Twitter @UrbanCompassLdn



Milana Pjevac moved to London from Serbia nearly a year ago. CONTRIBUTED

Seeds? Check. Grass? Check



GETTY IMAGES

Checkerboard? Check

The manicure

Aristocrat's lawn gets a makeover

Artist Caroline Wright and 100 volunteers created this checkerboard design in the garden of English heritage mansion Ham House.

It was done with only hairdressing scissors to recreate the careful conditioning of the 17th century, when the house employed several lawn artists. It is part of the Garden of Reason season, promoting outdoor art.

METRO

Artist's view



"It was hard work — we used two boxes of plasters. But because of the team spirit it went to plan."

Caroline Wright, British artist and project leader. Wright specializes in "performance archaeology," using historic or unique sites and adding a touch of the surreal or fantastic.

Great landscape art

- **Conwy Valley.** The world's largest hedge maze in North Wales, covering two acres with intricate designs and the world's rarest tree.
- **Zhuo Zheng Yuan.** From the Ming Dynasty, this World Heritage site is among the finest gardens in China, featuring islands and Myrtle trees.
- **Missouri Botanical Garden.** Stunning plant combinations and flower beds in this site.



17th-century Ham House is the inspiration for a summer-long art exhibit. GETTY IMAGES



Twitter

@elaine0599:

People that complain all the time should stop talking and do something.

@Labtech67:

No kid at home + hungover DH= me sneaking out to the gym. :)

@MikeMarsman:

Taking the boy fishing while the girls relax at the cottage. I've been waiting years to do this...

@StudioC:

Daughter's BF requested me to be friend on FB after spending a week with us at cottage. Accept? Yay or Nay?

@londonlibrary:

10 years ago this week, the new Central Library opened its doors. Let's begin celebrating Friday, Aug 24, 12-2pm in the Reading Garden.

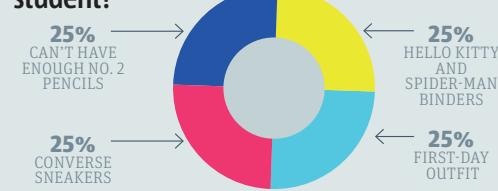
@CorelChick:

Almost at work and now I wonder if I remembered to put on eyeliner #lookdrunkwithout



Register at metropolitanpanel.ca and take the quick poll

What back-to-school item would you buy regardless of whether or not you are a student?





Premium Rush opens on Friday. HANDOUT

Stars get genuine Rush out of making bike film

Dangerous shoots.

Joseph Gordon-Levitt and Dania Ramirez talk about the perils of playing bicycle messengers in NYC

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt and Dania Ramirez got a hell of a workout and a detailed tour of New York City making Premium Rush, in which they play fast-moving bike messengers. Metro sat down with the stars to talk about filming in the city and how dangerous even pretending to be a bike messenger can be — and to nitpick some

geographical inconsistencies in the film.

Joe, you actually went through a cab's windshield while filming. Were there any other particularly close calls or dangerous moments for either of you?

Dania Ramirez: There was one time where I had to do a take where I had to jump the curb to get back on the sidewalk, and this UPS truck just decided to come pull out of nowhere right in front of me, and I had to turn my bike and skid and the whole nine. Every single day we filmed the movie, it was always in the back of my mind. "I hope I don't fall today." Because I fell so many times (laughs).

It can be tricky making a movie in New York, worrying about continuity issues when

you turn corners.

Joseph Gordon-Levitt: Actually, the movie's really good about that. It's pretty accurate... I'm trying to think if there were any.

Well, the 1 Train doesn't actually go above ground south of Columbia University.

JGL: And he would be going south. That's right, that's right. We did. You're totally right. We shot that chase scene up in, like, the high 130s. But it looked awesome. I guess I wasn't worried about that. I just got done shooting a movie where Gotham City is made up of L.A., Pittsburgh, New York and parts of outside London. So to me if it's seamless in the movie, it doesn't bother me.

How was the experience of shooting on campus at

Columbia, your alma mater?

JGL: It was a trip, man, because we shot in 2010, which is basically exactly 10 years after I arrived as a freshman and was living in (the dorm) John Jay, so yeah. It's just a bizarre thing to make it back 10 years later. It was the first time I had shot on campus.

In what parts of the city were you particularly excited to film?

DR: I was looking forward to riding around Chinatown. I just think on film it's so interesting to watch that part of the city.

JGL: I liked shooting uptown, actually, even if it might be a little inconsistent (laughs). Because just that part of town is maybe a little lesser known, and it is so pretty — maybe not pretty in the sense of peaceful

or whatever, but it's a really visually striking part of town with the train up there. And it's a part of town that I spent a fair amount of time in because I went to school up there and lived in Harlem for a year and a half.

Have either of you seen 1986 Kevin Bacon film Quicksilver before?

DR: I've had so many people come up to me and actually tell me about it.

JGL: Especially people who are into bikes, I've found. "Oh, so you're doing Quicksilver." It's like, I guess I've got to see this movie. S—, sorry. I still haven't seen it. I've been told about it a lot. I still haven't watched it.

DR: At this point I kind of don't even want to (laughs).

Married to Jonas. Singing brother gets domesticated

Viewers who tune into Kevin Jonas' new reality show with his wife, Danielle, will see a different side of the 24-year-old singer.

On Married to Jonas, Kevin jokes about sex and squabbles with Danielle. The show, which premiered Sunday on E! (10 p.m. EDT), isn't about the Jonas brother who wore a purity ring and seemed too good to be true. This time, he seems more relatable.

Kevin says he viewed the show, produced by Ryan Seacrest Productions, as an opportunity to show the public that he and Danielle are a normal couple.

"Doing a show like this, you kind of have to take it in stride, and we looked at it as an opportunity to show who we are as a couple without them making that decision for us," he laughed during a recent interview.

Danielle, 25, jokes the one thing that viewers will be surprised to see about her husband is "how messy Kevin is."

And unlike Jessica Simpson and Nick Lachey and Jon and Kate Gosselin, Kevin and Danielle say filming the show didn't blow them apart but made their relationship stronger.

"We get to talk so much about things you might put aside and not want to bring up ... and we talk through things



Kevin Jonas and his wife, Danielle. GETTY IMAGES

more instead of yelling," she said.

The show also follows Kevin and his brothers Nick and Joe as they go back to the studio as the Jonas Brothers. The Jonas Broth-

ers announced Friday that after three years, they will return to the stage for a one-night performance at Radio City Music Hall on Oct. 11.

THE ASSOCIATED PRESS

On the web



Nicki Minaj cancels performances at U.K.'s V Festival due to damaged vocal cords



Robert Pattinson

Stay away from her, Pattinson friends say

While it's unclear how Robert Pattinson will proceed with his relationship with Kristen Stewart after her infidelity came to light last month, his friends reportedly think he should dump her, according to Us Weekly.

Pals of Pattinson — including Sienna Miller and Tom Sturridge — have been "begging Rob to end it for good," a source tells the magazine. "They think she will hurt Rob again."

Twitter



@ElizabethBanks

Had my first in-depth Honey Boo Boo conversation tonight at dinner. Feeling very pop culture-y/time waste-y.



@SamuelLJackson

Interview tips: enunciate, conjugate & less "you know", ya know? Cause We don't! Thanks.



@twhiddleston

To those whom I met, with whom I worked, and by whom I was given a life-time's supply of chocolate in Köln this summer: thank you & so long.



@sethmeyers21

"Based on a True Story" on a movie poster basically just means "has people in it."



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rick Ross for prez? Why not

The election cycle tends to bring out the usual celebrities touting their causes and endorsements, from Brad Pitt and Angelina Jolie (the legalization of gay marriage) to Kid Rock (something indiscernible about freedom and 'merica).

We're not sure what it says about us, you or shining seas, but Rick Ross' rundown of the heavy-hitter issues in Rolling Stone is about as well-reasoned and coherent as you'll hear in any debate:

On the medicinal properties of marijuana

"I call it green caviar. It's

like a short vacation — it helps me chill out. And people really love it when I chill out, because I can really be a d—head."

On gun control

"I think we all have a right to bear arms, whatever amendment that is."

On the place of religion in schools

"They wanted me to learn the Ten Commandments. I told them I didn't really have time for that right now."

On gay marriage and free speech

"Chick-fil-A obviously took their stand. That's their right — the same way the pro-gay people are taking their stand. I believe everybody got the right to live their own life the way they want to."



Jonas Brothers

Brothers reuniting for another album

After three years of pursuing solo projects, the Jonas Brothers are getting back together — for one night at least. The three brothers will be hitting New York's Radio City Music Hall on October 11 in the midst of work on

their first album in nearly four years, according to Us Weekly. "We know it's time to come back and do another album," eldest brother Kevin Jonas says. "It's time. We need to be back on the road together."

Production on hold after Iron Man injury

Production on Iron Man 3 has halted after the franchise's star, Robert Downey Jr., was injured on set. Marvel Studios confirms in a statement. "Robert Downey Jr. sustained an ankle injury on the set of Iron Man 3 in Wilmington,



Robert Downey Jr.

N.C., while performing a stunt," the statement reads. "There will be a short delay in the production schedule while he recuperates.

There's no word on how much the delay will cost the production.

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My daughter, 4, still wants the stroller. Is that odd?

Debate. I don't care if it's considered too old, says our Mommyish writer, who says it's easier for her child

LINDSAY
CROSS
mommyish.com

There are a lot of people who don't like strollers. They're big. They get in the way of everything. They are impossible to manoeuvre through a doorway without assistance. They're expensive for no real reason. Man, strollers suck. But I still use one on day trips with my four-year-old.

First, I guess I should backtrack on strollers sucking. It's really not that the strollers themselves are to blame. There are people with strollers who suck. There are actually people everywhere who suck, whether they're pushing around a child in a carriage-like contraption or not.

You just notice that the people with strollers suck more because they're easier to pick out of a crowd. What with their behemoth of a baby-cart and all. But believe it or not, there are other kinds of people out there pushing strollers.

Although plenty of people wonder why I still use a stroller or wagon at all. My daughter is four years old. She can walk just fine. She probably runs faster than I do, no matter how little those legs are. Shouldn't she be able to walk on her own?

I've gotten plenty of looks when I whip out the stroller for a longer zoo trip or a big day of shopping. Amusement parks,



How old is too old for a stroller? ISTOCK IMAGES

fairs and festivals are all appropriate times for me to lug out my stroller, but some question why it's necessary.

The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well.

A four-year-old can obviously walk around on her own. She can even walk around for hours on end when the situation calls for it. We go hiking and she walks miles with no problem. So if she really needed to walk around the zoo all day long, I'm sure she could.

However, when we have

Quoted

"The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well."

Author Lindsay Cross

full-day trips, little kids just don't have the stamina of adults. Especially in the heat, our little girl gets worn out after a while.

I like to think I'm actually saving people from the possibilities of a moody child throwing a tantrum. Tan-

trums don't happen for us when our tuckered-out little one can take a minute in her stroller and take a break.

My daughter gets plenty of movement and exercise on a day-to-day basis. I don't need to test her endurance on a day at an amusement park.

On the Web

You're definitely the cutest and best dressed wedding date Mommy could ask for, but did you have to cry louder than the maid of honour during her toast to the bride? Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Helping teenagers deal with peer pressure

On the Web



Reasons mommy drinks #72:
Weddings. Scan this code or
visit metronews.ca/voices
to find out why the singles
table has its perks.

With the teen years comes more independence — but so much freedom can leave room for students to be pressured into doing what they normally wouldn't.

Dr. Philip R. Herschman, chief clinical officer for CRC Health Group, the largest provider of addiction treatment in the U.S., teaches us how you can help your teen avoid those types of situations.

Start before college

"It all starts before that young adult moves into college. (If) that child is raised with a good value system and has learned how to make decisions through a normal maturation-

al process, good parenting will instill a good value system. A good value system will lead to good decision-making."

Plan for the situation

"I have children, and when they move to a college setting I'll talk to them about it prior to them getting in that setting and say, 'These are the kinds of things that you might be faced with. If you are, how would you respond? Let's think about it now and plan for it so that when it happens, it's much easier to deal with.'

Have them offer alternatives

"(They can) say, 'It's just not something I want to do, but

I'd love to go to a movie with you later' or 'I'm sorry, drinking is not something I want to do. I'm happy to be your designated driver and go out and have fun with you.'

Teach them to be firm

"That's why practicing ahead of time is helpful. (Tell them) you've got to be clear. You've got to look somebody in the eye and say, 'No.'"

Discourage judgments

"Don't (have your kids) tell them they're bad for drinking. That will end relationships."

Talk about safe dating

"(A) first date shouldn't be,



A good value system will lead to good decision-making. ISTOCK IMAGES

'Let's meet at his house for dinner' but 'Let's go have dinner in a public place.' You have to know somebody before you put yourself in a situation where it's difficult to exit."

Let go

"At some point, you've got to trust your kids to make the right decisions. You can't sit on their shoulders the whole time." METRO NEW YORK

Kick your side salad up a notch with citrusy kale

Ingredients

- 6-8 handfuls of kale (baby kale that is organic and pre-washed if possible)
- 3/4 cup walnuts
- 2 small oranges sliced

Dressing:

- 1/3 cup sesame or extra-virgin olive oil
- 1/2 cup brown rice vinegar
- 4 tbsp orange (naturally) flavoured Omega 3 fish oil (or hemp or flax oil)
- 1/2 cup fresh mint
- Fresh juice from 1 orange
- 2 tbsp orange rind

Orange Infused Walnut Kale Salad



This recipe makes four servings. NEWS CANADA

As summer comes to a close, families, neighbours and friends will be hosting a lot of get-togethers and feeding the masses. You're bound to see the usual spread of hamburgers, chips and soda pop.

But if you'd like to step it up and mix in an original, healthy and tasty dish that offers your guests a megawatt dose of bio-available minerals, the Canadian Health

1. Place all dressing ingredients into a food processor and blend until the mint is completely chopped up, about 30 seconds. Place

your leafy greens into a large bowl and toss with the dressing. Sprinkle with walnuts and orange slices.

NEWS CANADA

Garlicky Grilled Kale. Perfect as a side, in stir-fries or tossed with pasta



1. Heat a grill to medium-high. Line a heavy baking sheet with foil, or use a disposable foil baking sheet. Coat the foil or baking sheet with cooking spray.

2. In a small bowl, mix together the garlic powder, smoked paprika, cumin, salt and pepper. Set aside.

3. Trim off and discard the thick stems from the kale. Coarsely chop the kale leaves, aiming for pieces about 2 to 3 inches. Place the chopped kale in a large bowl, then drizzle it with the oil. Use your hands to toss the kale to coat evenly with the oil. Sprinkle half of the seasoning mixture over the kale, then toss again. Sprinkle the remaining sea-

Ingredients

- 1 tbsp garlic powder
- 1 tbsp smoked paprika
- 1/2 tbsp ground cumin
- 1/2 tbsp kosher salt
- 1/2 tsp ground black pepper
- 1 large bunch kale
- 2 tbsp olive oil

soning and toss again.

4. Spread the kale in an even layer on the prepared baking sheet. Place the baking sheet directly on the grill and cook with the grill covered for 7 minutes, or until the kale is crisp and begins to brown. Serve immediately.

THE ASSOCIATED PRESS

Turn nutritional powerhouse into a cheesy, crunchy snack

Ingredients

- 1 large bunch fresh kale
- 250 ml (1 cup) walnut pieces
- 125 ml (1/2 cup) shredded extra old cheddar cheese
- 30 ml (2 tbsp) Dijon mustard
- 75 ml (1/3 cup) water

A nutritious alternative, these scrumptious kale chips offer just the right amount of comfort and crunch. The combination of nutrition-packed kale and antioxidant-rich walnuts, spiced up with mustard and aged cheddar cheese make this a great snack that is also good for you.

1. Tear kale leaves into bite-sized pieces and remove ribs. Wash and dry leaves thoroughly and set aside.

2. In a food processor, combine walnuts, cheddar, Dijon and water and pulse into a paste. Transfer paste to a large mixing bowl and add kale leaves, tossing to coat evenly. Remove large clumps from leaves or spread out on leaves. (Do not apply too much walnut mixture on the kale leaves as this will prevent even drying.)

Cheesy Kale Chips



This recipe makes about 6 cups. THE CANADIAN PRESS

3. On parchment-lined baking sheets, place a single layer of kale leaves a finger-width apart. Bake one sheet at a time

Healthy eating

Choose it and lose it



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Sausage vs. hot dog: Street meat is often the go-to choice for those on the run. But they may also be the unhealthiest choice around.

Sausage with fried onions, cheese sauce and peppers

887 calories / 55 g fat

This is one of the unhealthiest foods available — more than half your daily calories in fat and a complete day's worth of salt.



Equivalent

This is equivalent to 42 grilled medium shrimp in calories.



2 hotdogs with mustard, ketchup and relish

388 calories / 22 g fat

I don't like endorsing nitrite and sodium-filled processed meats, but in this case two dogs are better for you than the sausage!



Mary Brown's CEO Greg Roberts on success, humility and chicken

Path to success.

Entrepreneur accountant explored several avenues of business before sinking his teeth into successful franchise



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Greg Roberts grew up on Triton, a little island off the coast of Newfoundland, but as a young boy he had big dreams.

After graduating with a degree and becoming a chartered accountant, he acquired a gas station and restaurant; then a pharmacy. Two pizza franchises and real estate ventures followed.

But Greg had his eye on the big prize. When the franchise rights for Mary Brown's Famous Chicken and Taters be-

Quoted

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Mary Brown's chairman and CEO Greg Roberts looking back on his acquisition of the profitable food franchise.

came available, he mortgaged everything he had to buy the brand.

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential."

Today, Roberts has close to 100 franchises in Canada, 1,250 employees, a flagship store in South America and hundreds of international franchises in the planning stages.

"All in 14 years. It feels like 40," Roberts says with a laugh.

His advice?

"Work hard. Be candid. Listen to everyone and make the right decisions. At the end of

Five steps

1 You need a great idea and an even better plan to make it happen.

2 Surround yourself with great people that are as passionate as you and then listen to them.

3 Never become arrogant and believe you know it all.

4 Get a great education and keep on learning and taking courses.

5 Never forget where you're from and never ask someone to do something you wouldn't do yourself.

the day I don't want to be the richest man in the cemetery. I just want to be known as a good person and an even better family man."



Mary Brown's chairman and CEO Greg Roberts mortgaged everything to bet on the chicken franchise's success. iSTOCK

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Rangers chase Alvarez en route to rout of Jays

MLB. Struggling

Toronto offence held to six runs over weekend series against Texas

Henderson Alvarez pitched with a heavy heart Sunday.

The Toronto Blue Jays starter had been told of a death in the family in the morning and after an awful outing against Texas declined to speak to media.

It was small wonder. Texas defeated Toronto 11-2 after banging out 19 hits — 12 against Alvarez in 4 1/3 innings — to win the rubber match of a three-game series.

No Blue Jays mentioned Alvarez's pain after the game — catcher Yan Gomes said he "had absolutely no idea" — but Rangers starter Matt Harrison expressed sympathy for the opposing pitcher.

"I'll say a little prayer for his family and him tonight," said Harrison. "That's pretty tough. To have that on your mind when you go out and pitch, your focus is definitely not on pitching."

Michael Young hit a three-run homer and added a two-run double for Texas, while Harrison (14-7) held Toronto to two runs and two hits, including a solo homer by Mike McCoy.

The hit total and the eight runs allowed were both career highs for Alvarez (7-11), and, by the time McCoy homered in the fifth, the Rangers had broken the game open in the top of the fifth with five runs. David Murphy added his 11th homer of the season against Chad Jenkins in the ninth.

"The Rangers came out and swung the bats aggressively, especially on first-pitch fastballs," Blue Jays manager John Farrell

Offensive woes

Bautista, Lawrie to take at-bats in the minors

The good news for the Blue Jays is that Jose Bautista and Brett Lawrie will be back in the lineup Monday. The bad news, however, is that they're back in the lineup of the Gulf Coast League Blue Jays.

The Jays managed just two hits and two runs in the finale with the Rangers, dropping to nine games below .500. In the 21 games the Jays have played since July 29, without Bautista and catcher J.P. Arencibia and with a hobbled Brett Lawrie and Adam Lind, they are 0-12 when they score two runs or less. It's the fact that they've scored two or less in 12 of 21.

In addition, the Jays since July 29 have scored a total of just 59 runs, an average of less than three per game, with 16 home runs and a .212 team batting average.

TORSTAR NEWS SERVICE

said. "I didn't think he used his secondary stuff enough, particularly as they started to be aggressive early in the counts. There was still first-pitch fastball approach that they took advantage of."

After the game Gomes was returned to triple-A Las Vegas, likely to make room for catcher Yorvit Torrealba who completed his four-game stint with double-A New Hampshire on Sunday.

THE CANADIAN PRESS



Henderson Alvarez tosses his glove into the dugout after being pulled in the fifth inning against the Texas Rangers Sunday at Rogers Centre in Toronto. **BRAD WHITE/GETTY IMAGES**

MLB. Cabrera associate tried fabricating defence against drug test: Report

An associate of San Francisco Giants all-star Melky Cabrera purchased a website and attempted to create evidence to support a claim that the outfielder inadvertently took the substance that caused a positive drug test, the New York Daily News reported Sunday.

Baseball officials uncovered the scheme as Cabrera prepared his case to challenge the test. Cabrera's grievance then was dropped, and Major League Baseball announced a 50-game suspension Wednesday.

Cabrera tested positive for testosterone, MLB said.



Melky Cabrera THE ASSOCIATED PRESS FILE

the plan, a baseball official familiar with the probe said Sunday. The person spoke on condition of anonymity because MLB didn't authorize anyone to discuss the matter publicly.

Cabrera tested positive for testosterone, MLB uncovered

THE ASSOCIATED PRESS

Baseball

Canada loses to Panama at little league tourney

James Gonzalez had two homers and six RBIs, including a grand slam, and Agua Dulce, Panama, defeated the Hastings All-Stars from Vancouver 8-3 on Sunday to stay unbeaten at the Little League World Series.

"That was probably the best pitching team we've seen. They had good fastballs and good breaking balls," Canada manager Vito Bordignon said. "We had difficulty adjusting today."

THE ASSOCIATED PRESS

Soccer

Manchester City leaves it late vs. Southampton

Manchester City fought back after a second-half collapse against Southampton to open its title defence with a 3-2 victory against the Premier League newcomers on Sunday.

Chelsea had no such troubles overcoming Wigan in Sunday's other match.

New signing Eden Hazard set up Branislav Ivanovic's opener and won the penalty from which Frank Lampard converted to clinch a 2-0 victory.

THE ASSOCIATED PRESS

NASCAR

Biffle wins race after Johnson's engine troubles

Jimmie Johnson looked as if he had already finished the hardest work. After starting at the back of the pack, he had moved up quickly, and when he passed Brad Keselowski for the lead on lap 191 of 200, his No. 48 Chevrolet seemed to be the superior car.

Then Johnson's engine faltered with only six laps remaining at Michigan International Speedway. He lost the race — and the NASCAR Sprint Cup points lead — to Greg Biffle on Sunday.

THE ASSOCIATED PRESS

4 SPORTS

Mobile sports



Things were supposed to look a lot different for the New York Jets' offence. Through two pre-season games, the Jets (0-2) have failed to score a touchdown and Tim Tebow has yet to be the spark that was expected. But the Jets say don't panic just yet. Scan the code for the story.

Federer finely tuned ahead of U.S. Open



Roger Federer hits a backhand shot against Novak Djokovic during the men's final at the Western & Southern Open tennis tournament on Sunday in Mason, Ohio. Federer won 6-0, 7-6 (7). AL BEHRMAN/THE ASSOCIATED PRESS

Tennis. Top-ranked player again trumps Djokovic to capture title in Cincinnati and upper hand in rivalry

Roger Federer finds a lot to like about Cincinnati — the big crowds for his matches, the quiet time away from the court, the way his game seems to come together on the fast, blue courts.

Probably helps that he often takes home the trophy, too.

Make it five for Federer. The world's top-ranked

player won a record fifth Cincinnati title Sunday, dominating second-ranked Novak Djokovic in an unprecedented win at the start of a 6-0, 7-6 (7) win for the Western & Southern Open championship.

The 31-year-old Swiss star has enjoyed many of his one-week visits. None was better than the latest.

"Looking back, it's just unbelievable," Federer said. "This was probably the best week for me here in Cincinnati. I didn't lose a set. This is very sweet, no doubt about it."

Federer heads to the U.S. Open feeling healthy and fine-tuned. He skipped the Rogers Cup in Toronto last week,

giving himself some time to recover from the Olympics in London.

Women's draw

In the women's final, Li Na (9) defeated Angelique Kerber (5) 1-6, 6-3, 6-1. Li recently lost to Petra Kvitova in the Rogers Cup final but kept up her strong play for her first tournament victory of the season.

They got together in a finals match for the seventh time in their careers Sunday. They'd split the previous six, with Federer winning the only Grand Slam championship match — the U.S. Open in 2007.

Quickly, the latest one became a bit of personal history. Federer won the first set in only 20 minutes, allowing Djokovic just 10 points. It was the first time in their 28 career matches that one of them took a set 6-0. THE ASSOCIATED PRESS

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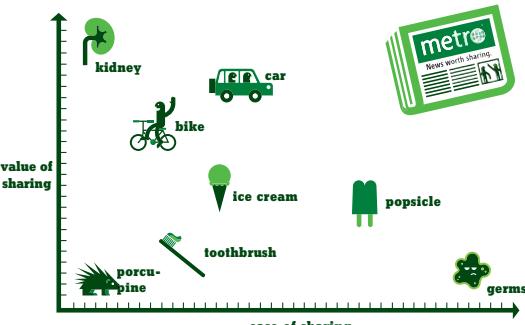
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Horoscopes

♈ Aries

March 21 - April 20

There are general, everyday risks and there are the kind of risks that only an Aries would dare take — and you'll be taking plenty today. A major Sun-Mars link means your luck is about to turn. Enjoy it!

♉ Taurus

April 21 - May 21

The best way to improve your life is to focus your thoughts and feelings on what means most to you in this world. Forget about your ambitions and concentrate on the people who you really, truly, madly love.

♊ Gemini

May 22 - June 21

You have plenty to say for yourself but do other people understand your message? Your task today is to get across your central idea in ways that don't leave those with lesser minds feeling too confused.

♋ Cancer

June 22 - July 23

If you are having second thoughts about a commitment you made then you should be able to wriggle out of it without too much trouble. Don't make a habit of it though or your reputation will suffer.

♌ Leo

July 24 - Aug. 23

The recent new moon in your sign means there is no more confusion: you know exactly what you should be doing and exactly how it must be done. It's Monday and the start of a new week — so get started!

♍ Virgo

Aug. 24 - Sept. 23

Are you at peace with yourself? Even if you are not you will be able to find a special place of inner tranquility over the next few days — the place where nothing and no one can touch you or harm you.

♎ Libra

Sept. 24 - Oct. 23

You have a great deal in common with a certain group of people and if you make the effort to spend time with them there is a lot they can teach you. Share your dream with them too — they'll like it.

♏ Scorpio

Oct. 24 - Nov. 22

You may find it hard to trust someone you work or do business with but what choice do you have? Sometimes even a Scorpio must put their doubts aside and just get on with it. You won't lose out.

♐ Sagittarius

Nov. 23 - Dec. 21

What you hear today may sound too good to be true but you would be wrong to dismiss it out of hand. An excellent Sun-Mars link indicates it's all above board — and very much in your favour.

♑ Capricorn

Dec. 22 - Jan. 20

Step back from what you are working on and look at it from a higher level. What does it mean in the greater scheme of things? If your answer is "nothing" then you should be working on something else.

♒ Aquarius

Jan. 21 - Feb. 19

Resist the temptation to make accusations, because if you start the week with a distrustful attitude it will colour your relationships for the next seven days. No one is trying to cheat you — so don't cheat yourself.

♓ Pisces

Feb. 20 - March 20

Let your mind wander in imaginary realms. You are probably fed up with friends and colleagues and loved ones telling you to get your head out of the clouds but that's the best place for it today. Dream on. SALLY BROMPTON

Crossword: The East, Musicians, Water, and a Capital

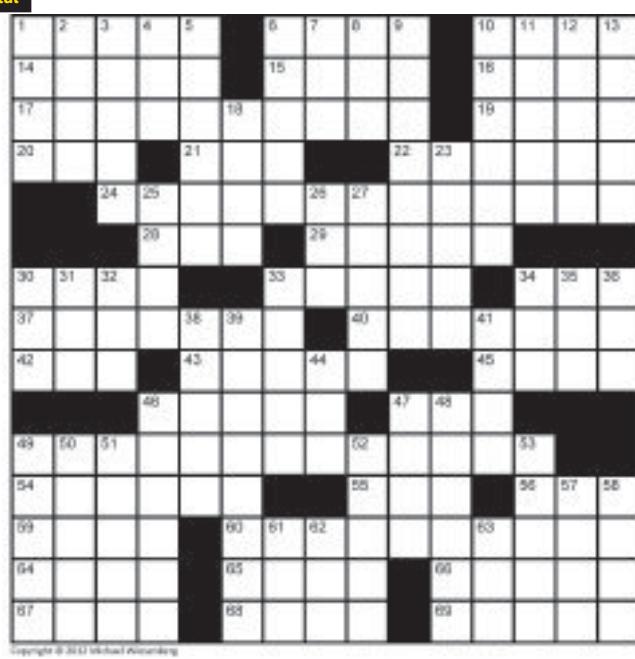
BY MICHAEL WIESENBERG

Across

1. "___ you knockin', but you can't come in" (2 wds.)
6. Colorless
10. Big name in moisturizing products
14. Become aware of
15. Copied
16. TV host Letterman
17. Canada is gateway to this eastern area of expanding importance (2 wds.)
19. Cinnabar and hematite
20. Secret agent
21. "___ Mine": Beatles song written by George Harrison (2 wds.)
22. Hors d'___ : appetizer
24. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits plus white running shoes (2 wds.)
28. Smallville villain Luthor
29. Silences, as a TV
30. Canadian force
33. Croc's cousin
34. And so on
37. Northwest ___: Canadian sea route only recently open to regular marine shipping
40. Canada's most populous province
42. Star of The A-Team (2 wds.)
43. Guitar relatives with pear-shaped bodies
45. Agency employee, informally
46. "... ___ evil, speak ..."

Down

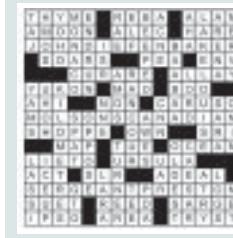
1. AOL and Comcast
2. Pile
3. Britannica, for one: abbr.
4. "Do ___ say!" (2 wds.)
5. Free from impurities
6. Measured on foot, with "off"
7. Spring mo.
8. Hawaiian garland
9. Alberta's second-largest city
10. Smells
11. Cocoon spinner
12. Assets
13. Agreements
18. Canada's "Think Big" company
23. TV movie critic Roger
25. European mountains
26. Beatles hit "___ Loser" (2 wds.)
27. Cars
30. Tach reading



31. Windsor product
32. 9-Down time
33. "I Can't ___ Satisfaction" (2 wds.)
34. Before: poetic
35. ___ Horton's
36. 30-Across member
38. First Hebrew alphabet letter
39. Winnipeg's "American Woman" band (2 wds.)
41. "Look ___ when I'm

- talking to you" (2 wds.)
44. Very long time, as spelled south of the border
46. Some 58-Down sizes
47. Assistant
48. Network offering (2 wds.)
49. Their rule ended in 1917
50. Hell
51. TV's Law &

Friday's crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

7	3	6	4	8	5	2	1	9
4	1	8	9	7	2	3	5	6
5	2	9	1	3	6	4	7	8
1	8	2	7	9	3	6	4	5
3	6	7	2	6	4	8	8	1
9	8	4	5	1	6	7	2	3
2	4	3	8	5	1	6	9	7
8	9	5	3	2	7	1	6	4
6	7	1	8	4	9	5	3	2

1			9	2	5
4			2	9	7
2	4				3
		5		3	9
	9			8	
5	6		3		
8			4		6
7	6	9		1	
2	3	5			7



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